



# Bittersweet Gardens

CSA NEWSLETTER



## CSA Updates and Information

Welcome to Bittersweet's 2022 Summer CSA! We are thrilled to welcome both new faces and returning members! For those of you new to our CSA, each week you can look forward to fresh, wholesome produce that has been seeded, transplanted, grown, and harvested by the Bittersweet Gardens team! Each week you will receive this weekly digital newsletter, which will include your weekly produce list, recipes using this week's produce, and team highlights.

**BOX/CRATE RETURNS:** If you receive a Medium or Large share, please bring your box back each week to be reused. If you receive a Small share, please recycle or dispose of your paper bag at home.

**PICK-UP INFORMATION:** Please remember to adhere to the designated pick-up time at Bittersweet Farms in Whitehouse from 1:00pm to 3:00pm on your chosen day. Day Program participant pick-up takes place at 2:00pm, so you may want to aim to arrive before or after that time to avoid traffic. If for some reason you cannot pick-up your box during these designated hours, please contact us as soon as possible to make other arrangements. In accordance with the CSA policy you received via email, if your box is not picked up, we will donate it.

**CUSTOMER SERVICE NEEDS:** For this season, please direct any customer service needs to Beth Kuntz-Wineland, our Gardens Specialist. Feel free to be in touch with her as needed at [bkuntzwineland@bittersweetfarms.org](mailto:bkuntzwineland@bittersweetfarms.org) or 419-875-6986 ext. 1205.

We hope you enjoy the abundant summer harvest! We know there are many CSA programs and we're so grateful you chose ours! Your share is so much more than a produce purchase-- it is an investment in Bittersweet's mission to positively impact the lives of individuals with autism.

## Gardens Team Highlights

Each week in this section, we introduce you to the people behind your produce! First up, one of our expert kale harvesters: Mike (pictured at right, below)! Mike has been an integral part of the Bittersweet CSA Program since it began more than 10 years ago, and he contributes in many ways, from watering to harvesting to providing customer service to our members. Recently, in addition to harvesting kale, Mike has been assisting with watering, packaging and delivering veggies, and preparing the Farm for your arrival. He is also a proud member of the Groundskeeping Team and can often be found on one of our zero turn mowers.

Our second feature this week is Austin (pictured at right above)! Austin is an expert harvester, as you can see, but he is also a true team player. Lately, he has been helping out with stringing up our fast-growing summer veggies (peppers and tomatoes), weeding, and packaging produce for our local partners like Phoenix Earth Food Co-Op (Toledo) and Seasons' Eatings (Napoleon)!

## Summer Season, Week 1

### What's In My Share?

- |             |                      |
|-------------|----------------------|
| Carrots     | Sage                 |
| Cucumbers   | Basil                |
| Broccoli    | Lettuce              |
| Kale        | Garlic Scapes        |
| Swiss Chard | Green Cabbage        |
| Lima Beans  | Sweet Banana Peppers |
| Tomatoes    |                      |

*Remember to rinse your produce before use!*

### Farm Fresh Recipe Links

[Cantaloupe & Corn Salad with Cucumber and Basil](#)

[Garlic Broccoli Stir Fry with Chickpeas](#)

[Mexican Street Corn Kale Salad](#)

[Cheesy Stuffed Banana Peppers](#)



*The mission of Bittersweet, Inc. is to positively impact the lives of individuals with autism and those whose lives they touch.*